

<b>Flaxseed/Flaxseed oil</b>	May act as a laxative, lower bad cholesterol, benefit people with heart disease, reduce hot flashes, and reduce the risk for certain types of cancer; however, more research is needed.	Generally considered safe, but may cause constipation or diarrhea.
<b>Ginkgo</b>	May reduce anxiety, improve mental function, help with glaucoma and diabetic vision problems, reduce pain from peripheral vascular disease, relieve symptoms of premenstrual syndrome, reduce symptoms of schizophrenia, and decrease dizziness and vertigo; however, more research is needed.	Likely safe when taken by mouth, but may cause upset stomach, headache, dizziness, constipation, forceful heartbeat, and allergic skin reactions.
<b>Ginseng</b>	May lower blood sugar in people with type 2 diabetes and prevent cold and flu symptoms when taken during flu season; however, more research is needed.	May cause diarrhea, itching, insomnia, headache, nervousness, rapid heartbeat, increased or decreased blood pressure, breast tenderness, vaginal bleeding, severe rash (Stevens-Johnson syndrome), liver damage, and severe allergic reaction.
<b>Green tea</b>	May help protect against or slow the growth of certain cancers and improve mental alertness; however, more research is needed.	Generally considered safe.
<b>Hawthorne</b>	May be effective for milder forms of heart failure; however, more research is needed.	Generally considered safe for short-term use, but may cause upset stomach, headache, and dizziness.
<b>Kava</b>	May relieve anxiety; however, more research is needed.	May cause liver damage, including hepatitis and liver failure (which can cause death).
<b>Milk thistle</b>	May reduce allergy symptoms, lower blood sugar, lower cholesterol, decrease acid reflux, and reduce symptoms of menopause; however, more research is needed.	Likely safe when taken by mouth, but may cause nausea, diarrhea, indigestion, intestinal gas, bloating, fullness or pain, and loss of appetite.
<b>Mistletoe</b>	May kill cancer cells and stimulate the immune system; however, more research is needed.	Eating raw, unprocessed European mistletoe or American mistletoe can cause vomiting, seizures, a slowing of the heart rate, and even death. In countries where commercial mistletoe is available by injection (e.g., Germany), those extracts are considered to be generally safe when used as directed and under the supervision of a health care provider.
<b>Noni</b>	May prevent cancer, heart disease, and diabetes; however, more research is needed.	May cause liver damage.
<b>Soy</b>	May lower cholesterol and reduce menopausal symptoms.	May cause nausea, bloating, and constipation.
<b>St. John's wort</b>	May relieve depression; however, more research is needed.	May interact with certain medications; increase sensitivity to sunlight; or cause anxiety, dry mouth, dizziness, gastrointestinal symptoms, fatigue, headache, or sexual dysfunction.
<b>Tea tree oil</b>	May be effective in treating athlete's foot, nail fungus, dandruff, and acne when used topically; however, more research is needed. Tea tree oil should not be swallowed.	May cause skin irritation or contact dermatitis.
<b>Valerian</b>	May relieve insomnia; however, more research is needed.	Generally considered safe for short-term use. May cause tiredness the morning after its use, headaches, dizziness, and upset stomach.

## Supplements with research-verified evidence in medical or other scenarios

Supplement	Claims	Possible side effects
<b>Aloe vera</b>	Has laxative properties if taken orally; heals burns and abrasions when used topically.	May cause abdominal cramps when taken orally; no side effects when used topically.
<b>Bromelain</b>	Reduces pain from osteoarthritis; decreases swelling after surgery or minor muscle injuries.	May cause diarrhea, stomach pain, and allergic reactions.
<b>Butterbur</b>	Helps treat allergies and migraine headaches.	May cause headaches, itchy eyes, gastrointestinal issues, asthma, fatigue, allergic reactions, and drowsiness. Products that are not labeled "PA-free" can also cause liver damage.
<b>Echinacea</b>	Reduces cold symptoms and treats vaginal yeast infections. There is not enough scientific evidence to suggest it is effective for any other conditions.	Generally considered safe for short-term use, but may cause fever, nausea, vomiting, unpleasant taste, stomach pain, diarrhea, sore throat, dry mouth, headache, numbness of the tongue, dizziness, insomnia, disorientation, and joint and muscle aches.
<b>Garlic</b>	Reduces the effects of atherosclerosis. May prevent stomach, rectal, and colon cancers; reduce blood pressure; reduce the incidence of tick bites; and help relieve ringworm, jock itch, and athlete's foot; however, more research is needed.	Likely safe when taken by mouth, but may cause bad breath, a burning sensation in the mouth or stomach, heartburn, gas, nausea, vomiting, body odor, and diarrhea.
<b>Ginger</b>	Relieves pregnancy-related nausea and vomiting. May relieve nausea caused by motion, chemotherapy, or surgery, but more research is needed.	Generally considered safe when taken in small doses, but may cause gas, bloating, heartburn, and nausea.
<b>Glucosamine</b>	Helps ease pain from osteoarthritis.	May cause nausea, heartburn, drowsiness, and headaches.
<b>Horse chestnut</b>	Useful for treating chronic venous insufficiency.	Generally considered safe for short-term use, but may cause itching, nausea, and upset stomach.

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# Supplements Reference Guide

**Jack Challem**



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## **Table of Contents Supplements Reference Guide**

1. Understanding the eBook Supplements Reference Guide
  - The Rise of Digital Reading Supplements Reference Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Supplements Reference Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Supplements Reference Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Supplements Reference Guide
  - Personalized Recommendations
  - Supplements Reference Guide User Reviews and Ratings
  - Supplements Reference Guide and Bestseller Lists

5. Accessing Supplements Reference Guide Free and Paid eBooks
  - Supplements Reference Guide Public Domain eBooks
  - Supplements Reference Guide eBook Subscription Services
  - Supplements Reference Guide Budget-Friendly Options
6. Navigating Supplements Reference Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Supplements Reference Guide Compatibility with Devices
  - Supplements Reference Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Supplements Reference Guide
  - Highlighting and Note-Taking Supplements Reference Guide
  - Interactive Elements Supplements Reference Guide
8. Staying Engaged with Supplements Reference Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Supplements Reference Guide
9. Balancing eBooks and Physical Books Supplements Reference Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Supplements Reference Guide
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Supplements Reference Guide
  - Setting Reading Goals Supplements Reference Guide
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Supplements Reference Guide
  - Fact-Checking eBook Content of Supplements Reference Guide
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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